

How Do We Care For Our Teeth?

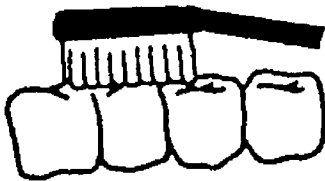
Brushing



Place brush at angle along outer gumline.
Wiggle gently back and forth.
Repeat for each tooth.



Brush inside surface of each tooth, using a wiggling motion.
Use the tip of the brush to reach behind each front tooth (top and bottom).

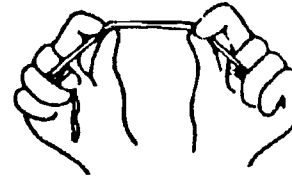


Brush chewing surfaces of each tooth.
Don't forget to brush your tongue.

Brushing Tips

- Choose a toothbrush with soft bristles.
- Rinse your toothbrush after each use and allow to dry.
- Replace your toothbrush every 3 months.
- Never share your toothbrush.
- Only use your toothbrush for brushing your teeth.
- Don't forget to brush -- especially before bed.

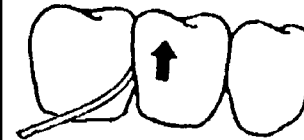
Flossing



Wrap 18 inches of floss around your middle fingers.



Gently slide the floss between each tooth.



Rub the floss against the side of each tooth.

Flossing Tips

- Flossing protects you against gum disease.
- Flossing reaches places your toothbrush can't.